

BOOKS WORTH READING

Parenting Not For The Faint of Heart, Says Popular Book

(NAPSA)—Living with young children can be one of life's most enjoyable experiences, yet it can also be very frustrating.

"Parenting is not for the faint of heart," says Dr. Thomas, author of *1-2-3 Magic: Effective Discipline for Children 2-12*. "Adults with romantic notions of parenting often forget that it is impossible to give kids everything they want."

Nor should kids have everything they want.

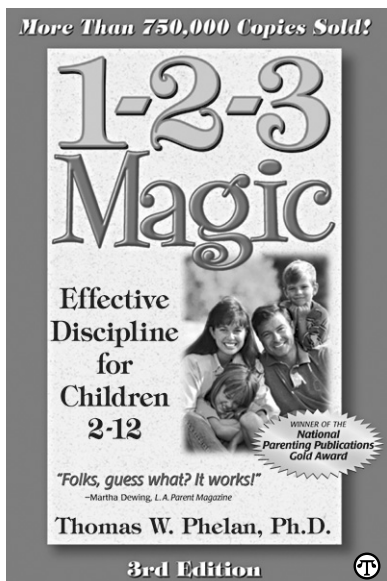
Fortunately, Dr. Phelan's book and video program is making parenting easier for millions of moms and dads around the world. Since 1984, Dr. Phelan has presented his program to hundreds of thousands of parents, teachers, teacher aides, school administrators, grandparents, camp counselors, mental health professionals and pediatricians. His book has been read by millions and translated into six languages.

"There really is no magic involved," says Phelan. "But we have had many delighted parents and teachers swear that the 1-2-3 program works like magic."

Good Discipline, Good Times

According to Phelan, the only people who think parenting and teaching are easy are those who have never done either one. These tasks are arguably the most important jobs in the world, but they are also among the easiest to get wrong.

Unfortunately, when parents are frustrated, kids do not usually thank their parents for trying to raise them properly. Instead, youngsters often push the limits. Phelan calls this "testing and manipulation," and in *1-2-3 Magic* he describes six



A new edition of a time-tested parenting book offers even more pointers on effective discipline.

basic types: Badgering, Temper, Threat, Martyrdom, Butter Up and Physical Tactics. Uncontrolled, testing and manipulation can destroy affection and ruin relationships.

Children don't come with a How-To-Raise-Me Training Manual. That's why Phelan created his program. Adults can learn how to discipline their kids in a manner that is fair, perfectly clear and not abusive. "When children's inevitable troublesome behavior is handled in routine and effective ways," says Dr. Phelan, "the warmer side of parenting is allowed to kick in." Good discipline, he says, can make for good times and better relationships.

1-2-3: Three Steps to Effective Parenting

The book's new third edition

provides three straightforward steps to effective parenting. Each of the three steps is extremely important. The three parenting steps are also interdependent—each one depends to some extent on the others for its success.

"Ignore any of these steps at your own risk!" says Dr. Phelan.

Parenting Step 1 involves *controlling obnoxious behavior*. Fact: You will not like your children if they are constantly irritating you by whining, arguing, teasing, tantrums, yelling or fighting. The program teaches grownups how to "count" obnoxious behavior, and you will be pleasantly surprised at how effective that simple technique is!

Step 2 involves *encouraging good behavior*, such as picking up after yourself, going to bed, being courteous and doing homework. This takes more effort—for both parent and child—than controlling obnoxious behavior. The 1-2-3 program provides several simple but very direct methods for encouraging positive actions in your kids.

Finally, parenting Step 3 is *strengthening your relationship with your child*. The strategies here include praise, sympathetic listening and—most important of all—shared one-on-one fun. Says Phelan, "Show me any two people who have fun on a regular basis and I'll show you a good relationship." Some parents merely need to be reminded of relationship-strengthening strategies; other parents have to work hard at them.

For more information on the *1-2-3 Magic* book or video, visit a bookstore, or call (800) 442-4453.